

## YOGA

Washington, D.C.

Starting November/December 2023

Yoga can be used to maintain or gain muscle tone, balance, and strength, improve posture, and increase range of motion and flexibility. Yoga can also help to decrease pain, promote relaxation, and improve frame of mind.

### Instructor: Brandi Biagas, CYT

Brandi completed her 200-hour Yoga Teacher Training and became a certified Yoga instructor in 2020 and has since been honored to cultivate and grow the mind-body connection with her students throughout the DMV area. Her ultimate passion is to assist her students in creating a union between mind and body using gentle asanas (poses) and breathwork. Brandi employs a safe and practical approach to Yoga by taking the time to modify and customize her students' poses when necessary. She operates from the mindset that there are not "perfect poses" that can be generically applied to all students, but that there is the need to make each pose more perfect given the student's own unique body and capabilities. Her specialty is in Yin Yoga and Restorative Yoga, allowing for calm poses to be held for a longer duration in order to center the mind, gently create space within the body, and decrease discomfort and physical stagnancy. As your Yoga instructor, Brandi's goal is to facilitate happiness, help foster more peace and connection to the mind, and increase balance and strength within the body.

### Classes will be held for 5 weeks:

#### Wednesday evenings

5:45 p.m.

November 29<sup>th</sup>, December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>

### ARTHRITIS AND REHABILITATION THERAPY SERVICES

2021 K Street, NW

Suite 300

Washington, D.C. 20006

#### **ADVANCED Registration is required**

Sign up at the PT department to reserve your spot or Call (202) 293-9412

**COST: \$105 for series of 5 classes**

**\*to be paid in advance, non-refundable.**

**Masks are recommended.**

Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)